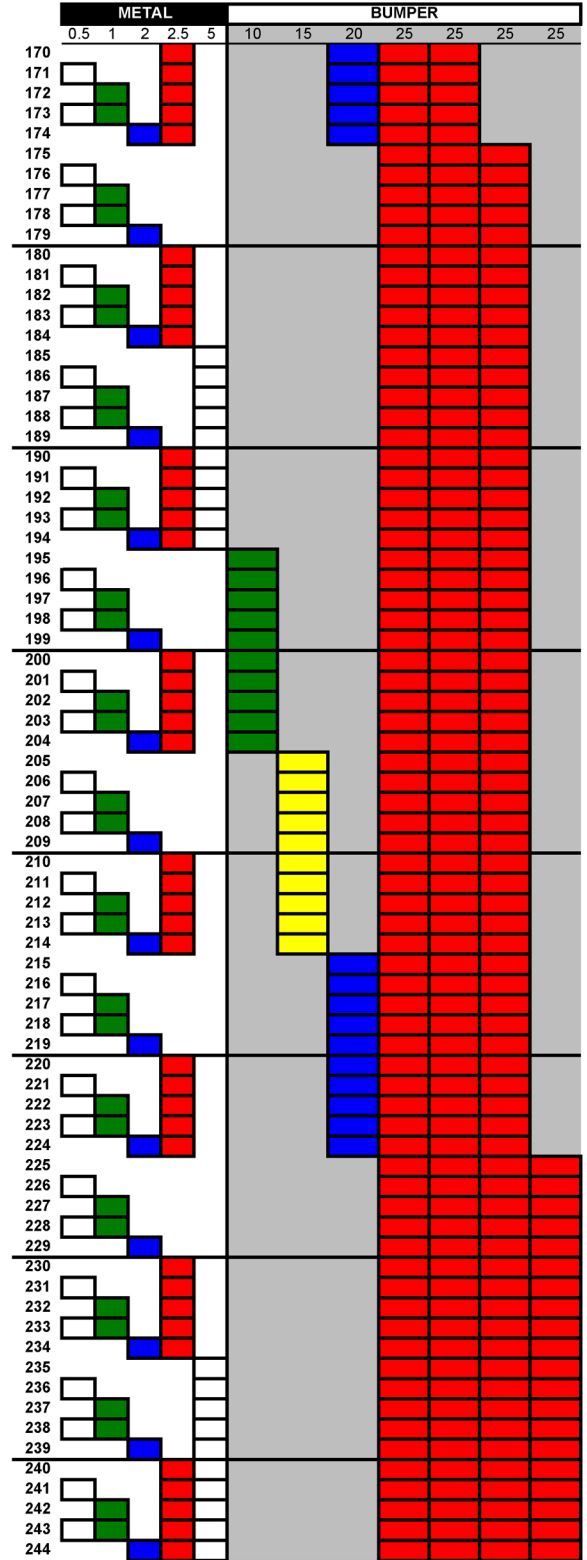
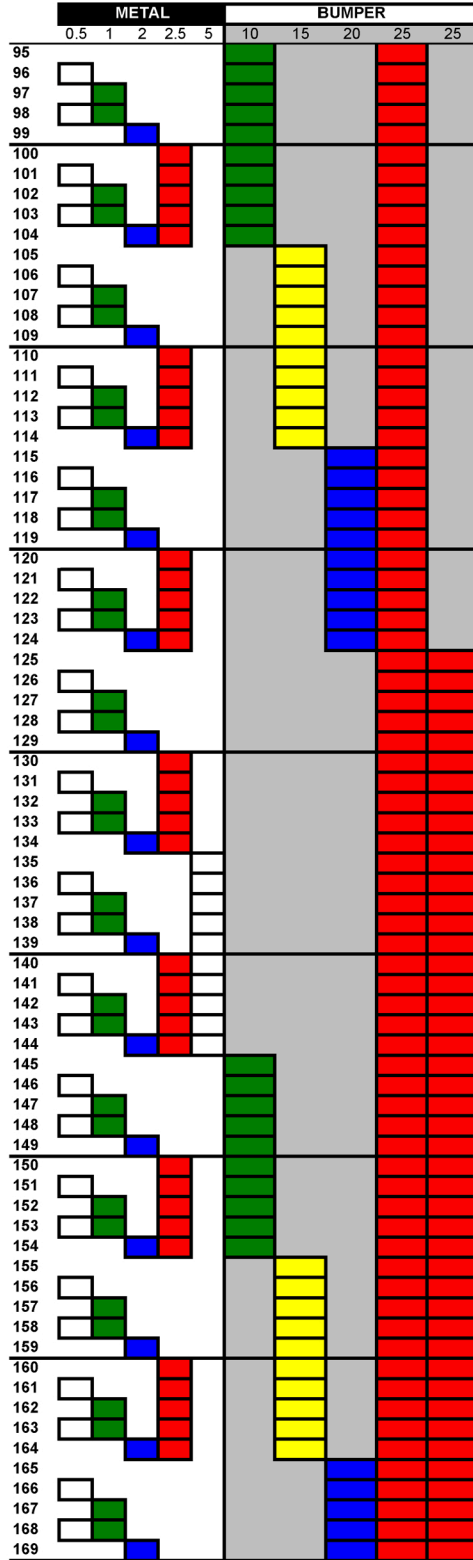
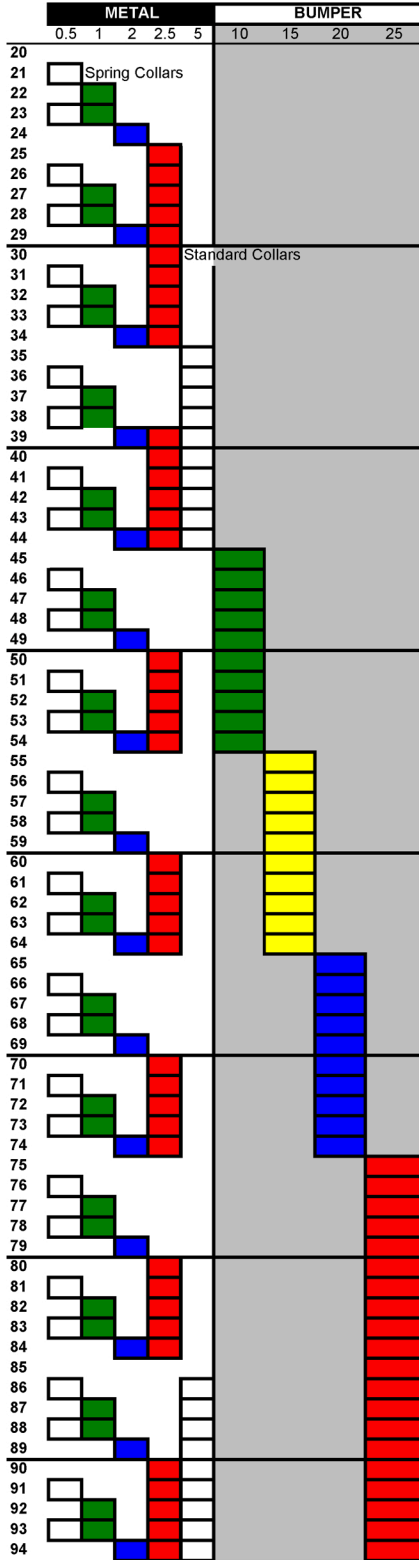




# WEIGHTLIFTING

## One Kilogram Rule

### Loading Chart - Men



This chart is for a men's Olympic standard metric bar. To obtain the weight indicated in the left columns, add all plates indicated with a boxed color code on each end of the bar. Metal plate key: small white = 0.5 kg, green = 1.0 kg, blue = 2.0 kg, red = 2.5 kg, large white = 5.0 kg. Bumper plate key: green = 10 kg, yellow = 15 kg, blue = 20 kg, red = 25 kg.